



North Carolina Air National Guard STARBASE Class June 2004

What a Blast!! Again this year, STARBASE hosted a special weeklong day camp for children of National Guard members. The youngsters pictured above had a great opportunity to rub shoulders with real pilots and aircrews that fly the C-130 Hercules aircraft. During a fast-paced week this past June, these cadets participated in a host of aerospace experiments and other investigations designed to excite their imagination and to increase their interest in the study of math and science. The day camp culminated with the cadets launching rockets built earlier in the week. In the eleven years that the STARBASE program has been in existence, it has reached over 23,000 students in 68 counties of North Carolina. Photo by Master Sgt. Keith Dennis

145TH AIRLIFT WING
NORTH CAROLINA AIR NATIONAL GUARD
5225 MORRIS FIELD DRIVE
CHARLOTTE, NC 28208-5797

PRESORTED
STANDARD
U.S. POSTAGE
PAID
CHARLOTTE, NC
PERMIT NO. 1076

Tarheel Times

Tarheel TIMES

North Carolina Air National Guard

July 2004



263rd CBCS Trains in Hawaii

Tarheel

North Carolina Air National Guard

Departments

Commander's Comments	3
Features	4-5,8-10
Chaplain's Corner	6
Legal Corner	6-7
Fitness Corner	11
News from the Units	11-12
FYI	13-14
Salutes	14-15

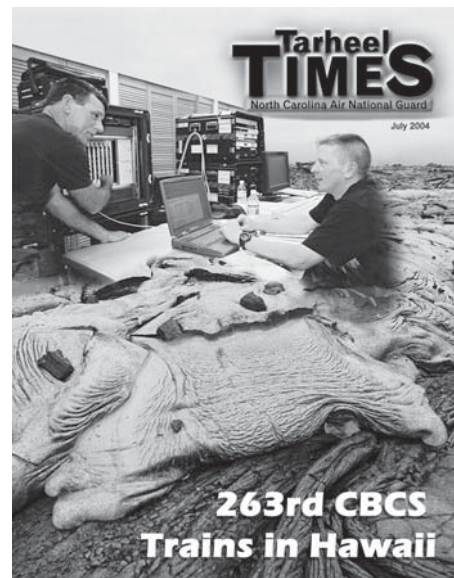
How To Reach Public Affairs

Our telephone number is 704.391.4141
(voice mail available)

Our fax number is 704.398.4776

Our e-mail address:
145awpa@ncchar.ang.af.mil

The commander's hotline is available for comments, concerns or suggestions. Dial 4687 or (704) 391-4687. Calls with a broad-based interest may be published in the **Tarheel Times**.



Featured in this Edition



4-5 Brigadier General Wilfong's Retirement Ceremony



8 263rd Combat Communications Squadron Annual Field Training



9 263rd Combat Communications Squadron deploys to Hawaii

FRONT COVER:

Hot News! The 263rd Combat Support Communications Squadron went to the volcanic Hawaiian islands to get training on a new generation of high-tech, mobile equipment called Theatre Deployable Communications. Considering the unit's many deployments to the deserts of Southwest Asia, it was a special treat to train in such an idyllic location for a change. Indeed, some of those who went also had the opportunity to explore the active lava fields on the big island of Hawaii; an experience that will long be remembered. Photos by Technical Sgt. Charles Greene, Photo Illustration by Master Sgt. Keith Dennis



Maj. Gen. William E. Ingram, Jr.
North Carolina Adjutant General

Brig. Gen. Charles W. Collier, Jr.
Joint Forces Air Component Commander
North Carolina Air National Guard

Col. David Hatley
Commander
145th Airlift Wing

PUBLIC AFFAIRS STAFF

Major Rose Dunlap
Chief, Public Affairs

Staff Sgt. Lyndsey Leffel
Editor/Staff Writer

Tech. Sgt. Edward Stone
Information Management

Photo/Graphic Support
145th Visual Information

Tech. Sgt. Cassy Hackworth
Wing Historian

Mr. Charles Paris, Jr.
Volunteer

Print Vendor
Worth Printing, Inc.
Fayetteville, NC

The Tarheel Times

July, 2004
Volume XXIX, No. 6

This funded Air Force news magazine is an authorized publication for members of the US military services. Contents of the **Tarheel Times** are not necessarily the official views of, or endorsed by, the US Government, DoD, the Department of the Air Force or the Air National Guard. The editorial content is edited, prepared, and provided by the Public Affairs office of the 145th Airlift Wing. All photographs are Air Force photographs unless otherwise indicated.

If you are interested in finding out more about the North Carolina Air National Guard, call toll-free 1.800.354.6933

POSTMASTER:
Send address changes to:
145 AW/PA
5225 Morris Field Drive
Charlotte, NC 28208-5797

Down to Basics

By: **Lt. Col. Douglas Bondurant**
145th Aircraft Maintenance
Squadron Commander

We have heard the term "back to basics" many times, I'm sure; and sage advice it is. This call to prioritize our activities is frequently just the thing we need to help us focus on the task at hand. Concentrating on what is important and realizing our time is limited are important aspects of a sane life. Following this advice will also help keep us from becoming overwhelmed by the ever increasing demands on our time and abilities. Simplifying our lives by reshaping our responsibilities reduces our daily stress level and makes our efforts on a particular task more effective. There is a slightly different variation to explore for a few moments, one that we don't readily associate with the "back to basics" advice. Down to Basics.

We all want to be able to shine when a big event in life comes our way. We certainly want to be able to act, or react, in an exemplary manner when our actions become more visible or when our actions affect a lot of other people. We very often are judged by the way we perform under these conditions and

may be labeled as a success or failure based on how we handle them. I suppose it's possible to go through life and never face a big defining moment, but that would be highly unlikely. And really, we all face events that, for us, are huge and overwhelming.

I submit that how we handle the little things in life determines how we handle the big things in life. When we are careful to diligently perform the details of seemingly inconsequential tasks we are preparing ourselves to admirably handle monumental tasks. When we make right decisions when nobody is watching we will make right decisions when everybody is watching. I believe that we develop behavior patterns, habits, if you will, while accomplishing routine tasks that we will automatically follow when we are faced with big events. A Very Wise Person has said, "he who is faithful in little will be faithful also in much." Our behavior and character are formed by the way in which we approach the little things in life. In fact, we program the way we are going to handle big decisions through the little decisions, of seemingly small consequence, that we make daily. To paraphrase Gen. George Patton: "If you can't trust a soldier to keep his boots polished how can you trust him in the heat of battle?"

How often have we heard someone who has just performed a heroic deed say, "I don't think of myself as a hero. I just did what anybody would do. I didn't have time to think about it, I just reacted?" What he more accurately might have said is, "I just did what I always do." When the big moment came, he simply reacted out of his programmed character. He probably didn't think about it, he just did it.



Lt. Col. Douglas Bondurant

I have recently had a chance to view a situation where little things being left undone were the norm. What amazed me was how these seemingly small things turned out to be big things in the end. A certain attitude was fostered that seemed to spread into all areas of the operation and, over time, some very bad things were developing that could have large repercussions. I think the attitude was, "I don't have to worry about this little thing; it's of no consequence. I'll just make sure I pay attention when the big things come my way." What that had caused was a behavior that followed right through to a big issue and the big issue was overlooked, just like the little ones had been.

So, let's get "down to basics." Let's make sure we are diligent in the details and discipline ourselves to faithfully carry out the little responsibilities we have. Let's concentrate on the little things and the big things will be natural for us. Down to Basics.

Let's concentrate on the little things and the big things will be natural for us. Down to Basics.

Brigadier General Wilfong's Retirement Ceremony

By: **Chief Master Sgt. Thomas W. Innes**, State Headquarters

Airmen, soldiers, civic leaders, business leaders, friends and family members witnessed another legacy come to an end for the North Carolina Air National Guard. Brig. Gen. Gary Wilfong was honored with a retirement ceremony at the 145th Airlift Wing, Charlotte/Douglas International Airport in Charlotte, NC.

The event was held in the aircraft maintenance hangar on Sunday, June 6. It began with the formation of the units from Charlotte and Stanly County and music by the 440th NC Army National Guard band. Next, members of the 145th Airlift Wing's Honor Guard raised their shining swords to salute the arrival of the official party as they approached the stage.

Brig. Gen. Chuck Collier, Joint Forces Air Component Commander North Carolina National Guard (NCNG) did the opening remarks, followed by Maj. Gen. William Ingram, Adjutant General NCNG,

who presented the military awards and decorations. Mr. Bryan Beatty, Secretary of Crime Control and Public Safety presented General Wilfong with the Long Leaf Pine Award on behalf of Governor Mike Easley. The Order of the Long Leaf Pine

award is the State of North Carolina's highest honor presented to an individual for dedication and extended length of service to his or her organization. Brig. Gen. Wilfong's recognition did not end there; a special appreciation letter he received from President Bush was read to the audience. Gen. Wilfong was also honored with numerous awards and gifts.

Now it was the Commander's time at the podium...after thanking the audience and everyone involved in the ceremony he said, "I would also like to thank Brig. General's Lackey, Earnhardt, Burnfield Outwater and Maj. Gen. Rudisill who

had faith in my abilities to lead such a fine organization. Thirty-three years ago...my mother and dad pinned 2nd Lt. bars on my shoulder at my commissioning through AFOTC



Brig. Gen. Wilfong and wife Debbie follow Mrs. Ingram, as they walk through the "Honor Cordon" demonstrated by members of the 145th Airlift Wing's Honor Guard. (Photo by Master Sgt. Beaudreau)



Maj. Gen. Ingram presented Federal and State decorations to Gen. Wilfong. (Photo by Master Sgt. Beaudreau)



Brig. Gen. Wilfong and Maj. Gen. Ingram, the Adjutant General of North Carolina National Guard proudly displays a shadow box to honor Wilfong's retirement. (Photo by Master Sgt. Beaudreau)

Program at East Carolina University. Twenty-five years ago yesterday (June 5)...I entered the gates of the North Carolina Air National Guard here in Charlotte. I can never say enough of what I have gained and experienced from the military, both active and guard." In closing, "I challenge all of you to continue your good work. I look forward to my retirement while at the same time following the status and growth of the Air National Guard," commented Brig. Gen. Gary H. Wilfong...RETIRED!

He has flown the E, H, B and H-3 models of the C-130 during his US Air Force and Air National Guard career.



Maj. Gen. Ingram presented a "Minuteman Statue" to Brig. Gen. Wilfong. (Photo by Technical Sgt. Christiansen)



Chief Master Sgt. Annas, a C-130 loadmaster gives a "Milk Stool" to Brig. Gen. Wilfong. The "Milk Stool" is actually a miniature replica of the C-130 aircrafts ramp support. (Photo by Technical Sgt. Christiansen)

Since joining the NCANG, he has served as instructor pilot, flight commander, squadron operations officer, Commander of the 156th Airlift Squadron and 145th Operations Group Commander. Gen. Wilfong became the 145th Airlift Wing Commander in May of 1998. He became the Chief of Staff of the North Carolina Air National Guard in January of 2000. He was appointed the Assistant Adjutant General for Air/Commander of the NCANG in June of 2001 and became the Deputy Adjutant General (Air) in March 2004. At the base his nickname was "Willy Fong" and worn the name patch proudly at various locations and conditions.



Staff Sgt. John Stallings a member of the 145th Airlift Wing Honor Guard carries the United States flag at the retirement ceremony. (Photo by Technical Sgt. Christiansen)



Mr. Bryan Beatty, Secretary of Crime Control and Public Safety presented the Long Leaf Pine Award. (Photo by Master Sgt. Beaudreau)

What's in a name?

By: *Chaplain, Lt. Col. Bob Shackleford*

My wife and I were greatly blessed by the Lord on June 17, when our son, William Smith Shackleford, was born. We will call him "Will." In my quite biased opinion, he is a very beautiful, alert, healthy little boy. I know for sure that he is coming into a family that loves him, will pray for him, and will give him every opportunity in the world to have a happy, healthy, fulfilling life.

Where did we get his name? We chose William simply because we thought it is a good, strong name, meaning "desire to protect." The name "Smith" is in memory of my father, who was born in 1928 and was named Robert Smith Shackleford, after Al Smith, who was running for president that year against Herbert Hoover. My father is gone now, but by giving Will the name "Smith," we are continuing my father's legacy through a grandson he never had the opportunity to know.

Usually, a lot of thought goes into choosing a child's name. Many people name their children after a famous person or a family member. It has always been very meaningful to me that I was named Robert Smith Shackleford, Jr., after my father. In some cultures, children are not named for several weeks



Chaplain Shackleford and his new son William Smith Shackleford

or even months after they are born, when they display some personality trait after which they are named. While we don't do that in our culture, we do give people nicknames, which serve the same purpose. Johnny Cash sang a song about an unfortunate boy who had to fight people who teased him all of his life because his father named him "Sue."

In the early church, those who followed the teachings of Jesus

of Nazareth were not just called "believers" or "disciples" or "converts" or "followers." They were called "Christians." To carry this name meant that they were identified directly with the "Christ" to whom they had committed their loyalty. It meant they were followers of His teachings, dedicated to becoming more like Him in their personal lives, and messengers to the world about His kingdom. In fact, the name "Christian" literally means "like Christ."

To carry His name is a great honor, but it is also a great responsibility. Those who carry the name "Christian" should carry it with great pride, but also with great humility...pride because we have the privilege to be so personally identified with God's own Son; humility because we know how far we all fall short of His example.

What does your name mean to you? It is a badge of honor. Wear it proudly.

And if you are a Christian, you also bear another name, the name of the Christ to whom all creation owes its allegiance. Let us not bear that name carelessly. By the lives we live, we will bring great dishonor or great honor to One whose name we bear. What a responsibility! What a privilege!!

So you need a lawyer...

By: *Maj. Craig Carpenter, Deputy Staff Judge Advocate, 145th Airlift Wing*

Ok, you've been injured in an accident, or your spouse has told you she wants a divorce, or you've just been sued by a pesky neighbor. What do you do? You know you need to talk to a lawyer, but who, and that cost money. So you decide to wait until drill to talk to a JAG. I am here to tell you folks, that's not a good idea. Waiting to talk to a JAG during drill isn't going to help you much and it may just put you that much further behind the power curve. Unlike our active duty counterparts, there is not a whole lot us Air National Guard lawyers can really do for you.

ANG lawyers primarily serve as legal advisors to the command, and AFIs substantially limit the scope of services we

may provide you. We provide limited legal services to assure you are legally prepared to deploy. In the traditional guard world this meant providing basic will and power-of-attorney services, but in today's environment, the scope has expanded to advice on re-employment rights, relief available under the Soldiers and Sailors Civil Relief Act, etc.

Face it; we all have legal problems from time-to-time. Instead of waiting to talk to a JAG about things that we can not help you with, go ahead hire a lawyer, one that can actually assist you. Here are some things you should keep in mind when hiring a lawyer.

First, remember, your lawyer is the hired help and you are his employer. Therefore, expect your lawyer to treat you with respect and courtesy and to handle your case competently and diligently

continued on next page

"By Law" designation on SGLI may miss intended Beneficiaries

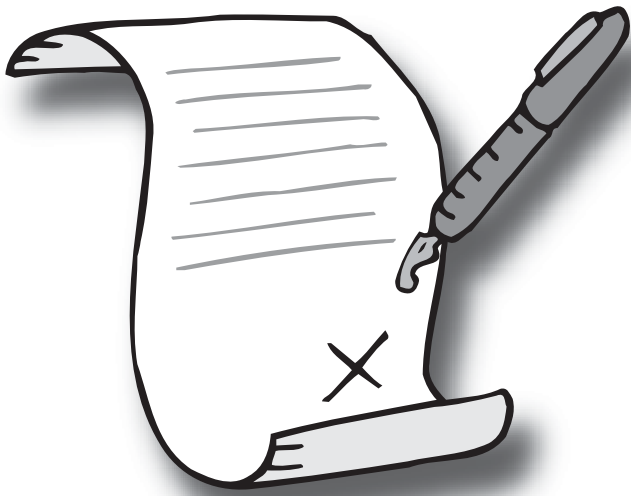
By: *Major Craig Carpenter, 145th Airlift Wing Deputy Staff Judge Advocate*

If you designate your SGLI benefits to be distributed "By Law," do you really know who will receive the insurance proceeds upon your death? Chances are you don't.

Most airmen understand the value of being able to leave up to \$250,000 to their loved ones via their SGLI benefit, but many put their intended beneficiaries' ability to actually collect the benefit at great risk when they write "By Law" as the policy's beneficiary. If you do this you give up control over how the proceeds from your SGLI will be distributed and open the door for claims, disputes and potentially lengthy litigation by third parties claiming to be beneficiaries under the "By Law" distribution scheme.

An actual case from the Virginia ANG illustrates this point. In 2001, a plane crashed in Georgia killing 17 members of the Virginia ANG Red Horse Squadron while returning from annual field training in Florida. Several

unintended beneficiaries received windfalls as the result of their "By Law" designations on their SGLI policies. In one particularly egregious case, an airman's step-father who raised him



from the time he was an infant lost out on a \$250,000 SGLI benefit which instead was paid to the airman's drug-addicted and alcoholic natural father who had abandoned him as a child, and whom he had not even seen in over twenty years.

Don't leave the distribution of this valuable benefit to chance. Take a few minutes to specifically name your intended beneficiaries of your SGLI policy. Review the beneficiaries you have listed regularly--when you PCS, prepare to deploy, or whenever circumstances affecting your family arise, such as a birth, death, marriage, divorce or separation. This responsible approach best ensures the proceeds from your SGLI policy are distributed in a timely manner only to those who you wish to receive payment.

If you have any questions pertaining to your SGLI benefits, please visit your MPF.

This article was misprinted in the June issue of the Tarheel Times. The corrected article is included here. Sorry for any inconveniences this may have caused our readers. I extend my deepest apologies to the author of this article.

Major Rose S. Dunlap,
Chief, Public Affairs

So you need a lawyer...

continued from page 6

in accordance with high ethical standards including keeping client confidences. Expect your attorney to return your telephone calls, keep you informed about your case and provide you with copies of important papers. While your attorney should have some latitude to exercise professional judgment, ultimately your decisions control and to the extent permitted by law and ethical rules, your goals and objectives, not your lawyer.

Second, expect your lawyer to charge only a reasonable fee and to require an explanation in advance of how fees will be computed and billed. Lawyer fees are typically either a flat rate, contingency rate or an hourly rate. Lawyers use a flat rate in cases that are straight forward, predictable and routine. You see flat fees in uncontested divorces, simple wills, traffic tickets misdemeanors, adoptions, etc. In a contingency rate you only pay if your lawyer obtains a successful result. It is a percentage of whatever your lawyer recovers for you and is used in civil litigation case involving personal injury, malpractice, and other tort based actions. An hourly rate is most common. Lawyers charge an hourly rate for most services that are not susceptible to either a flat or contingency fee. It is common for

lawyers to require a retainer upfront. It is nothing more than a down payment to make sure you are serious about the case and financially prepared to cover the costs.

Often the biggest dispute you and your lawyer will likely get into is over the bill. Ironically, when I was in private practice, more often it was my high wealth clients that complained the most about their bills. Don't be afraid to ask your lawyer a lot of questions about the billing practices and procedures upfront during your first meeting. Insist on having the agreed to fee schedule in writing, and you should probably run from a lawyer who won't do that.

Third, a common mistake people make when hiring a lawyer is they hire the first one they talk to. Remember a lawyer is well versed in the art of persuasion and can typically state a compelling argument about why he or she is the most qualified to represent you. But, you should shop around, and don't just shop for the lowest fee. Be sure to consider other factors such as location, accessibility, personality, time available and experience in cases similar to yours. There are a lot of lawyers out there. It is your job to find the right one for you.

263rd Combat Communication Squadron Annual Field Training

By: **Capt. James R. Mosier III**

"It was a quiet Sunday morning on December 7, 1941 when a Japanese surprise air attack left the Pacific Fleet in smoldering heaps of broken, twisted steel. In hours, 2,390 futures were stolen, half of those from the battleship Arizona." – National Park Service Website

How many times in your military career do you get a chance to pay tribute to a deserving past generation? The 263rd Combat Communication Squadron (CBCS) had such an opportunity this past May during their annual field training. It was a very

emotional time as we honored the 1,177 fallen sailors with a flag raising ceremony over the USS Arizona at the National Park Service Memorial site.

The Hawaiian backdrop is quickly forgotten when visiting the *National Memorial Cemetery of the Pacific*, also known as the *Punchbowl*, where 44,202 sailors, soldiers, marines and airmen from World War II, Korean and Vietnam campaigns have their final resting place.

The opportunity came about due to new mission requirements for the 263rd associated with Theater Deployable Communication (TDC) equipment and training

opportunities provided by the 291st CBCS and 293rd CBCS. Three teams were split across the islands completing classroom training and on the job training associated with the TDC mission.

From luaus to volcano tours to snorkeling to climbing Diamond Head to deep sea fishing to submarine rides, there were plenty of opportunities to take in some of the local culture. Our generous hosts made sure that everyone was well informed about the must see attractions and activities.

Traveling on a shoe string budget had quite a few unplanned benefits. The flights in both directions were provided by KC-135 units making for a quick, non-stop flight of ten hours. Sharing close living quarters, gave us a great deal of time together to team build and reflect on the last four deployments to Southwest Asia since September 11th, 2001.

The 263rd will go through significant changes during the upcoming transition period; having an opportunity to train in a near paradise setting, while paying respect to our fallen heroes has definitely re-fueled us to accomplish our mission with valor.



263rd CBCS formed at Arizona Memorial



Raising the flag over the USS Arizona

263rd Combat Communications Squadron deploys to Hawaii

By: **Technical Sgt. Charles Greene**

Recently the mission of the 263rd Combat Communications Squadron changed from a joint Army-Air Force communications mission within Central Command to a more general Air Force communications mission reporting to Air Combat Command and aligned with United States Central Area Air Forces. As part of the mission change the 263rd CBCS is converting to the newest mobile communications equipment in the Air Force inventory, called Theatre Deployable Communications (TDC). In May 2004 the 263rd Combat

Communications Squadron deployed approximately 137 squadron personnel to Keaukaha Military Reservation, Hawaii and Hickam AFB, Hawaii to receive training on TDC equipment for annual field training (AFT).

TDC is replacing a Cold War era mobile communications system called Tri-Service Tactical (TRI-TAC). TDC is designed to provide computer networks and telephone service in deployed environments and uses commercial off the shelf equipment mounted in stackable transit cases. In contrast TRI-TAC was designed specifically for the military to provide



263rd Power Production personnel (from L to R: Staff Sgt. Scott Grubbs, Technical Sgts. David Guffey and Tony Williamson, and Senior Master Sgt. Preston Barnhardt) pull power cables for Hootie & the Blowfish concert at Hickam AFB, HI. photo by Master Sgt. Rick Darr

continued on next page, see "263rd Deploys to Hawaii"



Master Sgt. Reid Hirata, 291st CBCS teaches class on fiber optic cable fabrication to 263rd CBCS personnel. Photo by Technical Sgt. Chuck Greene.



Staff Sgts. Bill LaRock and Jeff Wherry configure a Promina multiplexer during TDC communications exercise.



Technical Sgt. Romain Bell checks continuity in a fiber optic cable during cable fabrication class.



Technical Sgt. Mike Rader configures a Redcom voice telephone switch while Technical Sgt. Maria Rodriguez sets up anti virus software on a file server during TDC communications exercise.

Southpoint of the Big Island, Hawaii, the southernmost point in the 50 United States. Photo by Technical Sgt. Chuck Greene



263rd deploys to Hawaii

continued from page 9

telephone and teletype service, and in many cases is not compatible with commercial communications equipment. TRI-TAC was not designed to support computer networks, and TRI-TAC equipment is housed in shelters mounted on vehicles or trailers.

The advantages TDC has over TRI-TAC are it provides more communications capacity but requires much less airlift space, and fewer personnel. TDC is a state of the art communications system that provides a modular, scalable architecture. A “first-in” communications capability requires only a few TDC modules and limited number of personnel. As the size of a deployed base grows more TDC modules can be added as needed to support the increased communications requirements. By converting to TDC equipment the 263rd CBCS gains a “first-in” capability it didn’t have with TRI-TAC equipment.

Thirty-five members of the 263rd CBCS deployed to Keaukaha Military Reservation (KMR) at Hilo, Hawaii to receive training on TDC equipment from the 291st Combat Communications Squadron, Hawaii Air National Guard (ANG). 263rd CBCS Personnel were billeted under field conditions at KMR within walking distance of the 291st CBCS building.

The 291st CBCS has developed a two-week training program on TDC equipment consisting of both classroom and hands on training. Both full time technicians and traditional guardsmen teach the classes. Training includes classes on data and voice networks, voice over internet protocol (VoIP), firewalls, and email servers. TDC consists of several equipment modules and while a few units offer training on a few modules, the training program offered by the 291st is unique in that they



Active lava flow at Hawaii Volcanoes National Park. Photo by Technical Sgt. Chuck Greene

are the only ANG unit that provides training on almost all TDC modules.

Lt. Col. Roy Cornella, 291st CBCS commander, believes offering TDC training is a win-win situation for both the 291st CBCS and the units receiving training. “The best way to learn something is to teach it,” offered Lt. Col. Cornella. Staff Sgt. John Pascual, a 291st CBCS Computer Maintenance Craftsman and traditional guardsmen agrees, “As drill status, it [teaching] helps me hone my craft”.

According to Major Raynor Garey, 263rd CBCS deployed commander at KMR, the primary goal for AFT was to get basic TDC training and bring that back to other members of the unit. A secondary goal was to expose personnel to TDC equipment who have never seen it before. “I think it’s fantastic hands-on training. I believe the instructors made sure the students understood what they were taught,” said Maj. Garey. Staff Sgt. Stephen Rhudy, 263rd CBCS Computer Maintenance Craftsmen and a telecom engineer for a major bank, felt the training was very useful, particularly learning the cabling between TDC modules: “I’m confident I can deploy and successfully support any TDC mission because of the training I received.”

At Hickam AFB, 263rd CBCS personnel received hands on TDC training at the 293rd CBCS HI ANG, and augmented active duty work centers. The 293rd CBCS turned over its TDC equipment to the 263rd personnel for hands on training and 263rd Technical Sgt. Bill Borachok taught a class on computer networking. Lt. Col. Ben Simmons, 263rd CBCS commander, was “very excited about the high level of training received at Hilo [KMR] and the support from the Hickam ANG unit.”

Several 263rd Power Production specialists received on the job training as “roadies” by helping active duty Civil Engineering personnel set up for a Hootie & the Blowfish concert at Hickam AFB. Not only did they set up generators and run power for the concert, they helped set up the lighting and sound equipment.

Operation Iraqi Freedom demonstrated how the U.S. military is using information technology and computer networks to fight and win the wars of today and the future. By transitioning to TDC the 263rd CBCS is gaining the state of the art in mobile communications equipment used by the Air Force, and the training received at AFT 2004 will help the unit transition to its new equipment quickly.

Exploring a lava tube at Hawaii Volcanoes National Park. Photo by Technical Sgt. Chuck Greene.

Get set, get ready, get fit

By: **1st Lt. Sam Ingram**, Base Fitness Program Manager, 145 Medical Squadron

The Air National Guard fitness program is undergoing its first major change since the start of the program in the Spring of 2003. The change will align the program with current Air Force standards found in AFI 10-248, Fitness Program. In April 2004 the Air National Guard issued its guidance for the new program under ANGI 10-248, Air National Guard Fitness Program. With this new regulation comes some changes to the current program. Here are some of the major changes to this program.

- Pass/Fail Criteria is now based on obtaining an AF Composite Score > 70.
- Assessment is still based on Cardio fitness, Body Composition, and Muscular Endurance
- Flexibility is included in assessment, but does not count in AF Composite Score
- Those individuals that meet screening criteria will be required to complete 1.5 mile run (A small percentage of base population will be eligible)
- This program supersedes the ‘The Weight and Body Fat Management Program’ or ANGI 40-502
- All personnel will be re-assessed under the new program no later than 31 December 2004.

What does all this mean as members of the NC Air National Guard? Look around you and see how many people you can count in your own unit who have deployed in the past two years in most cases to sandy/hot parts of the world. We must be fit to deploy to those locations- which means we must change our way of thinking to make our physical and

mental fitness a part of our daily life as airmen. Does anyone believe that this can happen in a matter of a UTA weekend – certainly not! But, with the fitness assessment you have an excellent opportunity to establish a baseline of your current fitness level and to make improvements based on that level.

The Health Promotion Manager and staff for the base will be gearing up over the next few months to help provide information that individuals can use to make those lifestyle changes to improve their fitness levels. Over the years there have been billions of dollars spent on improving our warfighting weapon systems. Only recently has there been increased focus on improving the one weapon system that maybe has been somewhat overlooked in the past – the Airman. Truly without fit personnel to operate those weapon systems they are of little value to the defense of our country.

I encourage you to take this fitness assessment tool and use it to start your own fitness program. In the words of Air Force Chief of Staff, General John P. Jumper, ‘Let’s make sure that when our people go into harm’s way, they are ready- with the training, equipment and fitness worthy of the world’s most powerful air and space force’.



News from the Units

Banding together to help

When Master Sgt. Robert Henry boarded the plane at Charlotte Douglas International Airport signaling the start of his 3-month deployment to Tikrit, Iraq, there were things he was concerned about and things he knew would take care of themselves. He wasn’t worried about his technical skills and his ability to execute the mission at hand. He wasn’t worried about how he would perform in a combat situation, and he wasn’t thinking about the difficult living and working conditions he would encounter in theater. What filled Sgt Henry’s mind was the same thing that fills the minds of other Air

National Guard members on the verge of deployment: how his family would deal with his absence. He worried about the safety and security of his wife Debora and their three children (the oldest not yet 6) and the emotional pain that his absence would cause. He thought about all the things around the house that needed to be done but would have to wait for his return. He wondered how fast help would come when the plumbing leaked or when the lawnmower wouldn’t start. Even though he had done everything possible to prepare himself and his family, Sgt Henry knew better than anyone how hard his absence would

be on his loved ones.

Thankfully Sgt Henry also knew he could count on his friends, his extended family, and his fellow Guardsmen to support Debora during the weeks while he was away. What he hadn’t counted on was an outpouring of support from his civilian coworkers at Wachovia Bank’s CMG Wealth IT department. He knew they would do their best to fill in for him and cover his workload, but he had no idea that fifteen of his coworkers cared enough to show up at his home one morning ready to do more for his wife and children in one day than

continued on next page, see “Banding together”

145th Mission Support Flight Family Readiness Appreciation Luncheon

By: **Kathleen Flaherty**, Wing Family Readiness Program Manager

What better way to thank and recognize their family readiness team, than members of the 145th Mission Support Flight cooking up an appreciation luncheon; hot dogs, hamburgers, conversations and even soda bottle tricks by Ricky Cordova.

This month we recognized and thanked the family readiness team of the 145th Missions Support Flight consisting of Lt. Col. Barbara Doncaster, commander, Master Sgt. Raveena Boler, unit family readiness representative, and volunteers, Karen Foster, Ebbie Jo Ruff, and Carmen Marse. This luncheon was the unit's way of saying "Thank You", and showing their appreciation for all that the family readiness team does.

During March UTA, unit members and their families received their annual family readiness briefing. The 145th Mission Support Flight is the mobilization center for benefits. Their unit members need to be ready at a moments notice to mobilize our NCANG members. They do a great job communicating information on TRICARE, ID Cards, DEERS and other important topics.

We recognize and thank the 145th Mission Support Flight's family readiness team for their hard work, dedication, and support they have given and continue to give their members and their families. **GREAT JOB!!**

Master Sgt. Raveena Boler,
145th MSF Unit Family
Readiness Representative



Members of the 145th MSF at their Family Readiness Volunteer Appreciation Luncheon



Lt. Col. Barbara Doncaster, commander, 145th MSF, presents certificates of appreciation to unit family readiness volunteers, Carmen Marse, Ebbie Jo Ruff, and Karen Foster.

Banding together

continued from previous page

anyone had done in the eight weeks since he left. Among the many things his coworkers did that day were hanging blinds, fixing sinks in the kitchen and bathroom, painting a children's bedroom, mending and hanging three baby window gates, and helping to landscape the entire yard.

But that wasn't the end of it. Others who couldn't help around the house pitched in to give Debora gift certificates

to numerous local businesses. These included generous certificates from Wal-Mart, Lowes, McDonalds, Autobell, Chili's and Celebration Station. They left by saying, "We just wanted to have a way to show Rob how much we think of him and care for him and how much we appreciate what he is doing for us in the military and for this country."

While Sgt Henry's coworkers left knowing that their hard work and gifts

were greatly appreciated, Debora's tears of joy let them know what meant most was their expression of gratitude and caring. Gifts such as those were received not only in the Henry household, but as importantly, they were received in a weather shop in the Iraqi desert 8,000 miles from home.

New Commandant

Photos by Senior Master Sgt. Anthony Taylor



Lt. Col. Brad McRee former Inspector General for the 145th Airlift Wing, receives the Academy of Military Sciences Flag. McRee is the new commandant of the I.G. Brown Professional Military Education Center at McGhee-Tyson Air Guard Base in Knoxville, Tennessee.

On hand for the change of command ceremony and pictured with the new commandant, Brad McRee, are Lt. Cols. Gary Jandrisevits and Ben Simmons, who represented the North Carolina Air National Guard. On the far right is Technical Sgt. Derrick Lacy also of the N.C. Air Guard, who is presently serving a tour with the NCO Academy as an EPME Instructor.



Adapting the AEF – Longer Deployments, More Forces

For the past 12 years, our Air Force has adapted to the demands of a changing world. Beginning in the early 1990s, we developed composite wings, expeditionary organizations, and crisis-response packages that allowed us to rapidly deliver combat capability to Combatant Commanders. In 1998, we formalized the structure into ten Air Expeditionary Force packages. These responsive air and space capabilities allow us to present forces in a consistent manner and conduct military operations across the spectrum of conflict. Throughout the late 1990s, our AEF concept of operations has proven itself time and again. Even with the high demands of Operations ENDURING FREEDOM and IRAQI FREEDOM, our AEFs surged to support the Combatant Commanders' warfighting and deterrence missions, employing nearly eight AEFs of combat forces. When major air and space operations diminished last year, we began the process of reestablishing the AEF battle rhythm. Our reconstitution target was March of this year, but the continued demands of global operations, additional contingencies in other theaters, and a tasking to support Army operations with 2,000 of our expeditionary combat support forces required us to reassess our planning assumptions, and to adjust our AEFs to a new mission set.

Simply put, the demands on our deployable forces have not diminished and are not expected to decline for some time. We have a new rotational requirement for nearly 20,000 Airmen -- about three times the demand prior to September 11, 2001. Further, the Air Force Component Commander in the Central Command area of operations has asked us to deploy people for longer tour lengths to allow greater continuity for expeditionary commanders in the field. To adapt to this new set of circumstances, I've directed a change to the AEF rotational cycle and have asked our Major Commands to expand the pool of deployable Airmen in each AEF.

Beginning with AEF Cycle 5 in September 2004, the baseline deployment will be 120 days vice 90, and the AEF cycle will change from a fifteen-month rotational cycle to a twenty-month cycle. We will continue to expect that each Airman will deploy only once during each cycle, although some stressed specialties will deploy longer, and in greater frequency, until manpower levels are adjusted or the theater requirements diminish. For those already deployed in AEFs 7/8 (Mar - May) and those deploying in AEF 9/10 (Jun - Aug), it is our intent to stick to our 90-day deployment cycle. For those identified to deploy in AEF 1/2 (Sep - Nov), you should prepare to be gone a minimum of four months. This evolution of the AEF is not a temporary adjustment. More appropriately, it is recognition of new demands around the world for air and space power.

It is important to remember several fundamental principles regarding our AEF concept of operations. First, we are not changing the basic composition of each AEF; each will continue to provide about 5 AEWs and 6 AEGs of

capability during each vulnerability period. Our low density/high demand units will continue to follow DoD-approved deployment guidelines. Finally, Air Force global mobility forces will continue to follow our AEF Presence Policy, with mobility aviation units postured in multiple AEFs to support the USTRANSCOM mission and other Combatant Commander needs.

The 20-month cycle will continue to provide commanders and Airmen the ability to plan ahead, allowing a sense of predictability while providing greater continuity to the in-theater commander. Still, I recognize longer deployments will present challenges to our Reserve Component, possibly affecting the number of ARC volunteers, and requiring selected use of Presidential mobilization authority. We will manage these matters very carefully, ensuring equity and fairness across the Total Force.

In addition to extending tour lengths, it is my intent to expand our pool of deployable Airmen from our current level of about 272,000. I have asked all of our Major Commands to aggressively review the assumptions upon which they exclude Airmen from our AEFs and take immediate steps to maximize those postured in the Air Force Worldwide UTC System and our AEF libraries. The MAJCOMs will posture the maximum number of manpower authorizations into standard UTCs, and if required, we will develop new ones to provide additional expeditionary capabilities. Residual authorizations will be postured into associated UTCs and will be coded to support AEF requirements across the range of military operations.

Let me be perfectly clear -- in our Air Force, every Airman is expeditionary, every Airman will know his/her place in the AEF system, and every Airman will be prepared to support the Combatant Commander, whether deployed, in CONUS via reachback, or employed at home station. If you are wearing the uniform of the United States Air Force, you are a part of the AEF.

We are at war today, and will remain engaged around the globe against a brutal and resilient enemy. Every Airman -- Active, Guard, Reserve, and Civilian -- must be focused on our national commitment to the Global War on Terrorism. Our job is to deploy and deal with terrorists wherever they are in the world so we never again have to deal with them on our own soil. You will be the difference between our success and failure in this vital cause. Once again, I want to thank each and every one of you for your dedication, professionalism, and service to our nation.



Patriot 5K Race Event

By: Staff Sgt. Joe Laskowski,
145 Mission Support Flight/Recruiting

The North Carolina Air National Guard is proud to announce the Patriot 5K Race and Fun Run/Walk to be held on October 9 at Latta Park in Charlotte, NC. The race is the final in a 4 race grand prix series with a portion of the proceeds benefiting the Disabled American Veterans. This event is organized by Sharksbite Running Club in conjunction with Charlotte Running Co. and Race Management Systems (RMS) with the North Carolina Air National Guard being the main advertiser. The festivities will begin at approximately 0845 with a presentation of the Colors and singing of the National Anthem. The actual 5k race will begin at 0900 with a 1k fun run/walk at

0915. There will be awards and prizes for each age category, as well as food and fun for the whole family. Sharksbite Running Club has reserved the entire 30 acre park, located in one of Charlotte's historic neighborhoods. Basketball and volleyball courts are available as well as a large covered pavilion. Come and show your support by participating as a runner, walker or a volunteer in what will become one of the most memorable annual events for Charlotte and the N.C. Air National Guard. To RSVP or for additional information contact Staff Sgt. Joe Laskowski at (704) 391-4443 or email at: joseph.laskowski@ncchar.ang.af.mil. Information may also be obtained from Sharksbite's website www.sharksbite.com and/or by contacting them by phone (704) 201-9273.

Salutes – Stork Landing

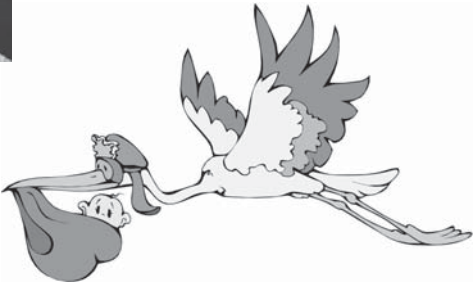
Our family continues to grow

Congratulations to Chaplain Shackleford and his wife, Teresa, on the birth of new son. William "Will" Smith Shackleford was born on Thursday, June 17 at Women's Hospital in Greensboro at 6:34 p.m.!! Will was 21 inches long and weighed 8 pounds and 4 ounces. Chaplain Shackleford describes his new son as a "Good-looking boy!!! Future Air National Guardsman!!!" Teresa and Chaplain Shackleford are grateful to have such a beautiful and healthy little fellow! With the new arrival only a few days before Fathers' Day I am sure that Chaplain Shackleford found new meaning in this very special day.



Proud parents of a new son, "Will" Smith Shackleford born June 17th, weighing in at 8 pounds, 4 ounces.

Staff Sgt. Vivianna Zapata (145th AW/FM IM) and Techicial Sgt. Carlos Zapata (156 AS/Loadmaster) welcomed their new bundle of joy into this world on June 8th at Presbyterian Hospital. It's a girl; Little Miss Kylie Zapata weighted 6 pounds and 9 ounces and was 19 inches long. This is the first child for the Zapatas. Congratulations to both Vivianna and Carlos.



Salutes – Menu

JULY 2004 UTA		
Saturday - 17 July (choice of)		Sunday - 18 July (choice of)
Veal Parmesan or Grilled Chicken ♥		Beef Pot Roast or Baked Fish ♥
Mashed Potatoes with Gravy		Oven Browned Potatoes ♥
Mixed Vegetables ♥		Steamed Rice
Broccoli ♥		Mixed Vegetables ♥
Apple Pie / Brownies		Buttered Corn
Salad Bar		Cookies / Jello
Dinner Rolls		Salad Bar
Beverage	♥ = Heart Healthy	Assorted Beverages

Salutes – Promotions		
To Colonel Gary J. Jandrisevits NC ANG HQ	To Senior Master Sergeant George G. Doby, III CBCS Bruce G. Pickett 156 AES	To Staff Sergeant cont. Brandon K. Pelkey 156 AS Jessie L. Peterson 145 MXS Shanta L. Swinton 145 SVF
To Lieutenant Colonel Barbara G. Doncaster 145 MSF	To Technical Sergeant Craig A. Guthrie 145 MXS John D. Murphy 235 ATCS Anthony T. Simmons 235 ATCS	To Senior Airman Latisha Dawson-Harris 145 CF Christopher Johnson 145 LRS Pamela S. Robbins 145 LRS Miles G. Shepard 235 CBCS
To Captain Lisa Kirk NC ANG HQ	To Staff Sergeant Christopher Adams 156 AS Wayne R. Eaton 145 MXS David J. Girsch 145 LRS Paul E. Gray 145 LRS	
To First Lieutenant Matthew B. Nance 156 ASQ Karen K. Tedesco 145 MSF		
To Chief Master Sergeant Lennon L. Barnhardt 263 CBCS David D. Stafford 145 OSF		

Salutes – Training Completed

A1C Blaine K. Bachelder.....145 APS	SrA Christopher T. Perks 235 ATCS
SSgt Christopher A. Epperson 145 MXS	SSgt Paul L. Roof, Jr.145 APS
SSgt Grant Y. Kimmel 145 AMS	SSgt Richard L. Yow, Jr.145 CES
SrA Misty D. Last 145 MXS	

Salutes – Training Completed

SrA Noah J. Burgess	156 AES	Level B Med Survival, Evasion, Resistance, & Escape (SERE) Training
MSgt Edward L. Davis	145 SFS	Dynamics of International Terrorism Course
Capt Thomas A. Ferguson	156 AES	Health Services Administration Course
SSgt Andrew C. Garrett	156 AS	Life Sciences Equipment Investigation Course, Aircrew Life Support Craftsman Course
SrA Daniel E. Hallman	156 AES	Level B. Med Survival, Evasion, Resistance, & Escape (SERE) Training
SSgt Kevin M. Howard	145 CF	Communication-Computer Systems Control Apprentice Course
SSgt Slade S. McCalip	118 ASOS	Supply Management Apprentice Course; AETC Commander's Award (Top Graduate)
SSgt Gary D. McNeill	145 MXS	Aircraft Structural Maintenance Craftsman Course
SrA Dwayne Rogers	145 AMS	Aerospace Maintenance Apprentice Course; Aerospace Maintenance Apprentice
SSgt Vicki J. Stearns	145 SFS	Security Forces Apprentice Distance Learning Course
A1C Amanda N. Sugg	156 AES	Aeromedical Evacuation Technician Course; Level B. Med Survival, Evasion, Resistance, & Escape (SERE) Training
1st Lt Lee W. Thompson	145 LRS	Logistics Readiness Officer Course
SSgt Christopher J. Ticknor	263 CBCS	Electronic Principles Course; Satellite Wideband and Telemetry Systems Apprentice Course